



Anger Got Ahold Of Me

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

I'm coloring with the marker,
Someone grabs it away from me,
My eyes look mean,
My hands make fists,
Anger got ahold of me. **(Refrain 3x)**

I'm walking down the hall,
Someone pushed me out of the way,
My heart beats fast, I clench my teeth,
Anger got a hold on me. **(2x)**

I was watching my favorite show,
My sister changed the channel,
I wanted to push,
I wanted to hit,
Anger got a hold on me. **(2x)**



Things happen every day,
Anger gets ahold of us all,
Parents, teachers, brothers and friends.
Anger gets ahold of us all. **(3x)** I'm coloring with the marker,
Someone grabs it away from me,
My eyes look mean,
My hands make fists,
Anger got ahold of me. **(Refrain 3x)**

I'm walking down the hall,
Someone pushed me out of the way,
My heart beats fast, I clench my teeth,
Anger got a hold on me. **(2x)**

I was watching my favorite show,
My sister changed the channel,
I wanted to push,
I wanted to hit,
Anger got a hold on me. **(2x)**

Things happen every day,
Anger gets ahold of us all,
Parents, teachers, brothers and friends.
Anger gets ahold of us. **(3x)**



Songs

Lyrics



Breathe

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Refrain: Breathe. (Breathe)

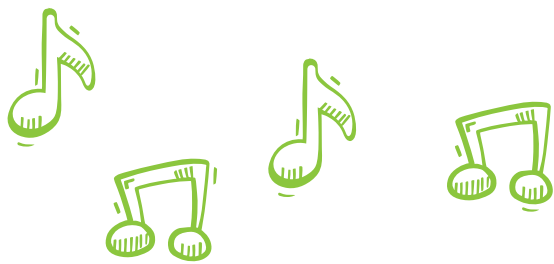
Breathe, breathe, breathe deeply.

Breathe and then relax. (Breathe)

If you choose to be a S.T.A.R.
Solutions you will find. (Breathe)

Repeat Refrain

You can handle all your feelings,
You can be a S.T.A.R. (Breathe)



Conscious Discipline®



Buddy Helper

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Now it's time to get our Buddies.

Who is our Buddy Helper?

Today is ____ turn to go and get our buddies.

Bring us Angry, bring us Sad, bring us Disappointed,
Bring us Happy, bring us Calm, and bring us Frustrated.

Bring us Anxious, bring us Scared,
Bring the Feeling Buddies.

Welcome Buddies, join the circle.

Join us let's be friends.

We want to get to know you.

So we'll listen very well.

We will play and we'll have fun, with you, our dear friends.



Songs

Lyrics



Bye Bye Buddies

LISTEN TO YOUR FEELINGS

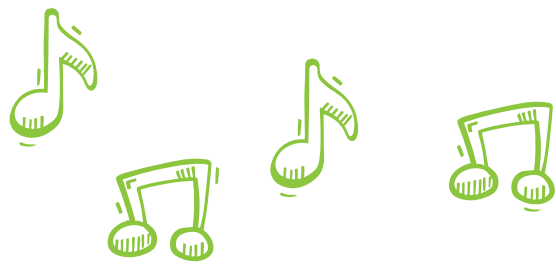
Lyrics: By The Feeling Buddies

Bye bye Angry, bye bye Scared,
Bye bye Disappointed,
We will meet again.

Bye bye Sad, bye bye Happy,
Bye bye Anxious,
We will meet again.

Bye bye Frustrated, bye bye Calm,
Bye bye Buddies,
You're a part of me.

Bye bye Buddies, you are my friends.
Bye bye Buddies, we will meet again.



Conscious Discipline®



Choose To Be A S.T.A.R.

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

If you're feeling very angry,
And you wish to hit.

Refrain: You may choose to be a S.T.A.R.

If you're feeling very sad,
And you wish to hide. **(Repeat Refrain)**

If you're feeling disappointed,
And wish to throw a fit. **(Repeat Refrain)**

If you're feeling kind of anxious,
And wish to run away. **(Repeat Refrain)**

If you're feeling frustrated,
And wish to break something. **(Repeat Refrain)**

If you're feeling scared,
And need some help. **(Repeat Refrain)**

Choose to be a S.T.A.R.
Stop; Take a deep breath And Relax.



Songs

Lyrics



Do You Know?

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Do you know the way you feel?

The way you feel?

The way you feel?

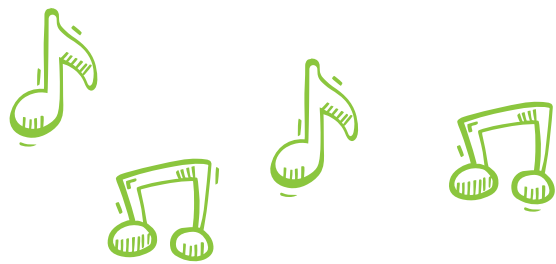
Do you know the way you feel?

When your face looks like this? Happy!

Repeat with: Sad, Angry, Scared, Calm

Do you know the way I feel when my face looks like this?

Yes, I do.



Conscious Discipline®



Feeling Buddies Rap

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Hey, hey my name is Anger.

My face, it looks like this.

Sometimes my hands, they make a fist.

I'm sayin' make a change; right now take a breath,

Solve your problem, and be your best.

(Raise arm as if to cheer.)

Refrain: All my feelings talk to me, talk to me, talk to me

All my feelings talk to me,

They tell me what's going on.

They will always be my friends, be my friends, be my friends

They will always be my friends,

That's why I sing this song.

Hey hey my name is Sad,

My face, it looks like this.

My mouth turns down,

The tears they flow, (Move fingers down cheeks)



I'm saying seek comfort
From those I love
Snuggle, cuddle, hug.
Your sadness unplugs.

Repeat Refrain

Hey, hey my name is Scared.
My face, it looks like this.
My eyes open big, my body wants to run. (Run in place)
Safety's what I need,
so find yourself a teacher, (Point to the
teacher), a parent, or a friend, (Point to a friend)
Get some help, and you'll feel safe again. (Hug yourself)

Repeat Refrain

Hey, hey my name is Happy.
My face, it looks like this.
My mouth is smiling. My eyes zoom.
(Point to your eyes then eyes of another person)
I'm saying life is good.
Rock together one, two. (Step in place two times)
Help a friend, have fun,
And get your swagger on.
(Hands on hips and booty shake)

Repeat Refrain



Songs

Lyrics



Feeling, Feeling, Feeling

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

When you're feeling, feeling, feeling,

Feeling angry, feeling angry.

You may choose to be a S.T.A.R.

When you're feeling, feeling, feeling,

Feeling scared, feeling scared

You may choose to ask for help.

When you're feeling, feeling, feeling,

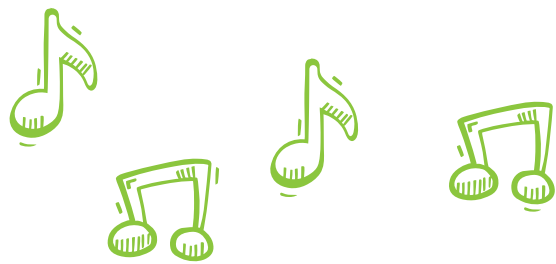
Feeling sad, feeling sad

You may choose to cry it out.

When you're feeling, feeling, feeling,

Feeling happy, feeling happy

You may share your biggest laugh!



Conscious Discipline®

Songs

Lyrics

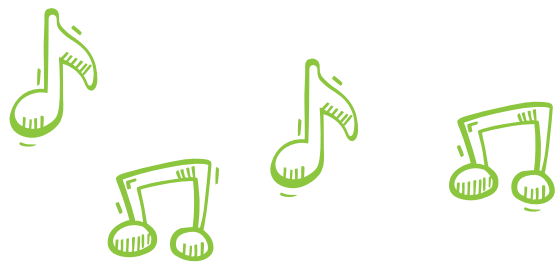


Hello Buddies

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Hello, Happy. Hello, Scared.
Hello, Disappointed. Hello, Sad.
Hello, Frustrated. Hello, Anxious.
Hello, Angry. And hello, Calm.
Hello, Buddies. Hello, friends.
Welcome, Feeling Buddies. You are safe. **(2x)**



Conscious Discipline®

Songs

Lyrics

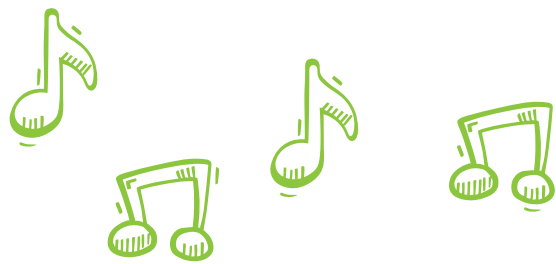


Helping My Buddy

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Hello Angry. Hello Angry.
Welcome Angry. Welcome Angry.
Your face is going like this. **(2x)**
You seem angry. **(2x)**
Breathe with me. **(2x)**
You are safe. **(2x)**
Scared, Sad, Happy



Conscious Discipline®

Songs

Lyrics

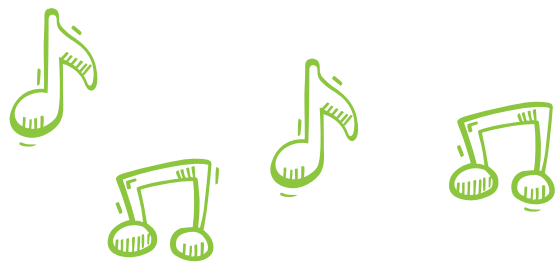


I Am Calm

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

When I'm feeling really sad,
I can choose to cry it out.
When I'm feeling really mad,
I can breathe and then relax. (Breathe)
When I'm feeling kind of scared,
I can take a few deep breaths. (Breathe)
I am calm and I am safe.
I am calm and I am safe.



Conscious Discipline®

Songs

Lyrics



I Have A Choice

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

When I feel angry, (echo)

I have a choice. (echo)

To drain it out (echo)

Or be a S.T.A.R. (echo) **(Repeat)**

Stop, Take a deep breath And Relax.

When I feel sad, I have a choice.

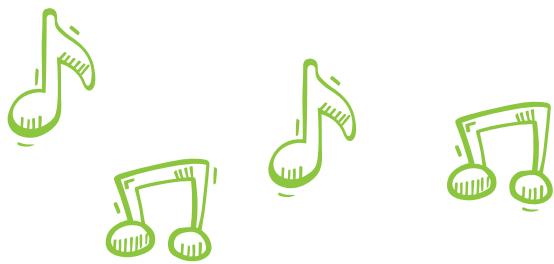
To cry with Mom, or receive some love. **(Repeat)**

When I feel scared, I have a choice.

To find safety, or ask for help. **(Repeat)**

When I feel happy, I have a choice.

To share a smile, or wish well. **(Repeat)**



Conscious Discipline®

Songs

Lyrics



I Have Made Some New Friends

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

I have made some new friends,

And I know their names.

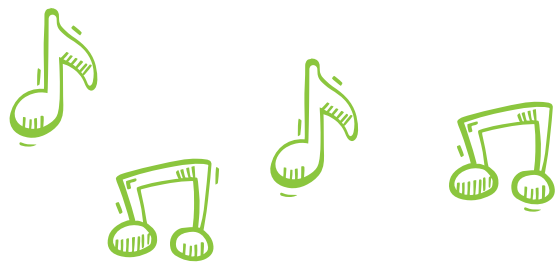
I have made some new friends.

They will be with me some days.

Angry, Sad, and Disappointed, Anxious,

or Calm, Scared, Happy or Frustrated

I can choose to be a S.T.A.R. **(Repeat)**



Conscious Discipline®

Songs

Lyrics

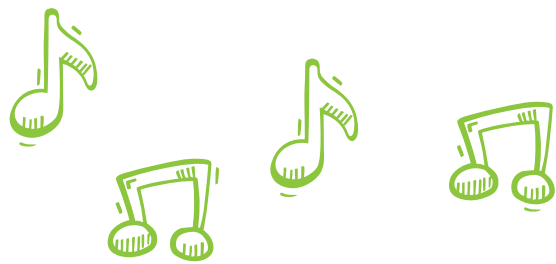


Important Messages

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Happiness says, "I am love.
You are love. We are love."
Anger says, "Calm down and change.
Stop right now. Make a change."
Scared says, "I need help to be safe,
help to be safe, help to be safe."
Sadness says, "I need comfort right now.
It's okay to cry. I need comfort right now."
All my feelings talk to me.
They want to tell me important things.
They're my friends, they're part of me. **(2x)**



Conscious Discipline®

Songs

Lyrics



In My Body

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Sometimes when I get a feeling,

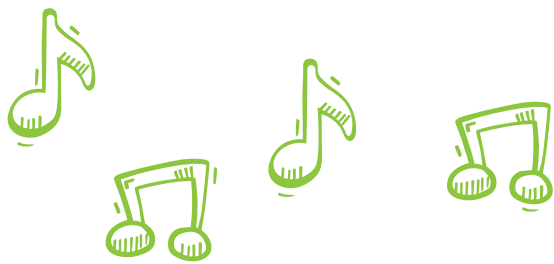
It starts in my body.

I feel it in my throat,

I feel it in my chest.

Or feel it in my stomach,

And then I name the feeling. **(2x)**



Conscious Discipline®

Songs

Lyrics



It's Buddy Time

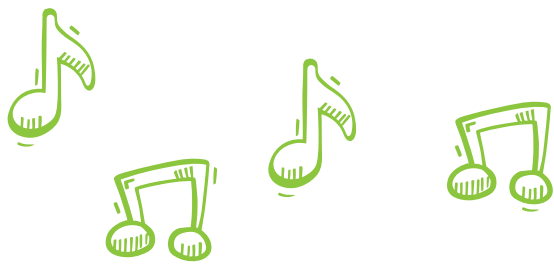
LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

It's time to get the Buddies,
The Buddies, the Buddies.
It's time to get the Buddies,
The Feeling Buddies now.

So sit in the circle and get ready to listen,
It's time to get the Buddies. Oh who do you see?
Oh, I see _____. Hello, _____. **(Repeat 2x)**

It's time to get the buddies,
Take a breath and look at me.



Conscious Discipline®

Songs

Lyrics



It's Okay

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

How did you feel today?

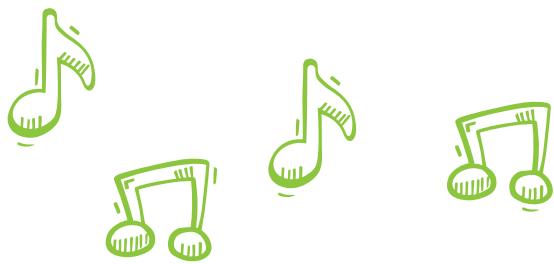
You felt _____.

You felt _____.

It's okay to feel that way.

You felt _____.

(Repeat 4x)



Conscious Discipline®



Listen To Your Feelings

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Refrain:

Listen to your feelings. (2x)

Feelings want to tell you something.

Listen to your feelings. (2x)

Feelings are your friends.

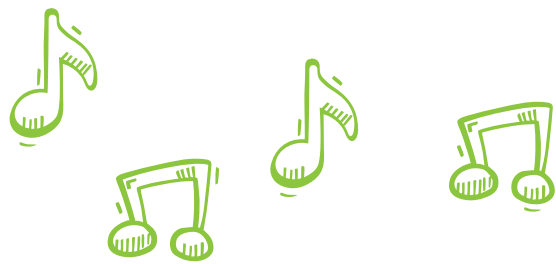
Anger says, "Calm down and change."

Scared says, "I need help to be safe."

Sadness says, "I need comfort right now."

Happiness says, "You are love, so am I."

(Repeat Refrain 2x)



Songs

Lyrics



Look At My Face, Part 1

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Look at my face. (Echo)

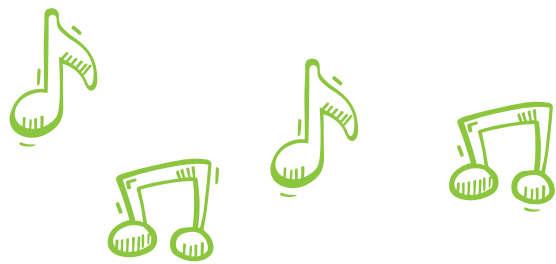
Look at my face. (Echo)

Look at my face when I feel happy.

When I feel happy, I look like this.

This is my face when I feel happy.

Facial expressions: Happy, Angry, Sad, Scared



Conscious Discipline®

Songs

Lyrics



Look At My Face, Part 2

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Look at my face. (Echo)

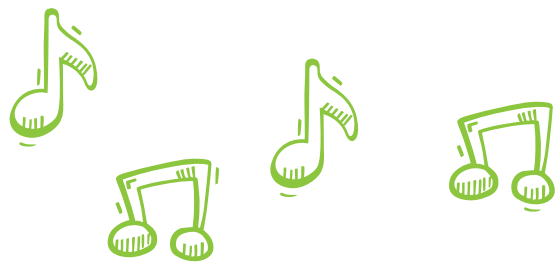
Look at my face. (Echo)

Look at my face when I feel frustrated.

When I feel frustrated, I look like this.

This is my face when I feel frustrated.

Facial Expressions: Frustrated, Anxious, Disappointed, Calm



Conscious Discipline®

Songs

Lyrics



Move

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Refrain: We have feelings, feelings every day.

If you felt angry today, go down and up. **(Refrain)**

If you felt sad today, turn around. **(Refrain)**

If you felt scared today, jump up high. **(Refrain)**

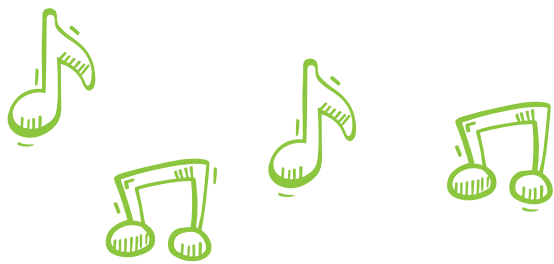
If you felt happy today, hop on one foot. **(Refrain)**

If you felt frustrated today, sit on your place. **(Refrain)**

If you felt disappointed today, clap three times. **(Refrain)**

If you felt anxious today, touch your head. **(Refrain)**

If you felt calm today, wish someone well. **(Refrain)**



Conscious Discipline®



Sadness Got Ahold of Me

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

My Mommy dropped me off at school. I don't want her to go.

My body slumped, my mouth turned down.

Refrain: Sadness got ahold of me. (Echo)

Someone took my block again, when I was trying to build.

My eyes got wet, my head went down. **(Refrain)**

Daddy said he'd come to the game, and then he never showed up.

I cried and cried and cried some more. **(Refrain)**

Stuff happens every day; sadness gets ahold of us all.

Parents, teachers, brothers, and friends, sadness gets ahold of us all.

(Echo 2x)



Songs

Lyrics

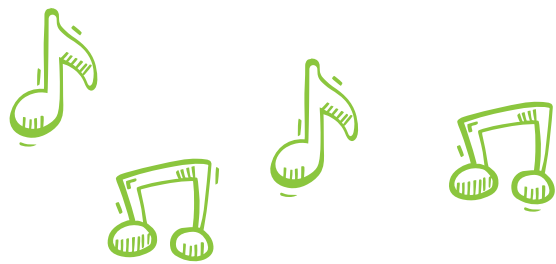


Solutions

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

When I'm feeling sad,
When I'm feeling really mad,
Disappointed, scared,
Or maybe anxious in some way.
When I'm feeling frustrated,
And I don't know what to do,
I can choose to relax. (Breathe)
I just stop and smile, take a few breaths and relax,
And solutions I can find. (Breathe)



Conscious Discipline®

Songs

Lyrics



Tell Us How You Feel

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Hello _____. Tell us how you feel today.

I am feeling sad, that is how I feel today.

If you feel sad, tell us what you can do.

I can cry and then relax, that is what I can do.

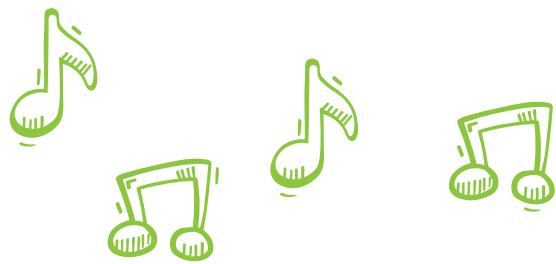
Repeat with each feeling

Angry: I can go to the safe place.

Disappointed: I can say, "I can handle this."

Anxious: I can get information.

Happy: I can wish my friends well.



Conscious Discipline®



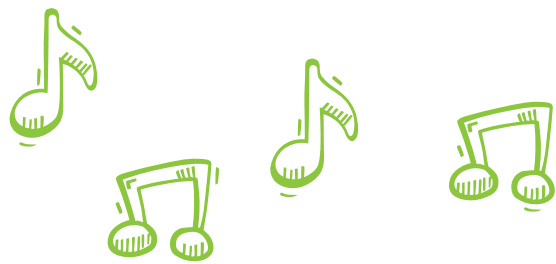
This IS My Face (Clapping Game)

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

This is my face,
This is my face,
This is my face when I feel angry.

**Repeat using: Sad, Scared, Frustrated,
Anxious, Disappointed, Happy, Calm**



Songs

Lyrics



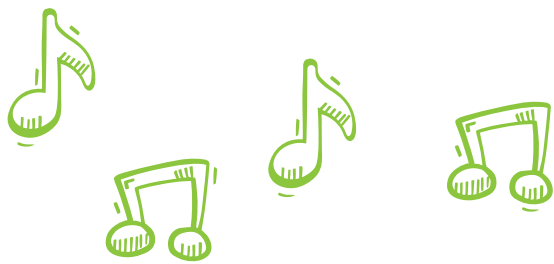
We All Feel Chant

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

I feel, you feel, we all feel, Happy.

**Repeat With: Sad, Angry,
Scared, Disappointed, Calm**



Conscious Discipline®



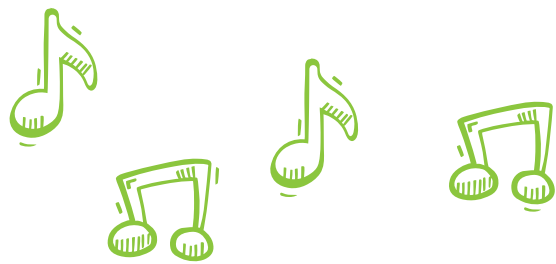
When I Feel Scared

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Oh, I feel scared (Echo), when it is dark (Echo).
When it is night (Echo), and there's no light (Echo),
But if I choose (Echo) to be a S.T.A.R. (Echo). (Breathe)
I can breathe and relax. Breathe and relax.
Look under the bed (Echo), no one is there (Echo).
Whew! I'm safe.

Oh I feel scared (Echo), when I'm alone (Echo).
My mom's not home (Echo), nowhere to go (Echo),
But if I choose (Echo), to be a S.T.A.R. (Echo). (Breathe)
I can breathe and relax. Breathe and relax.
The doors are all locked (Echo), I've got my phone (Echo).
Whew! I'm safe.





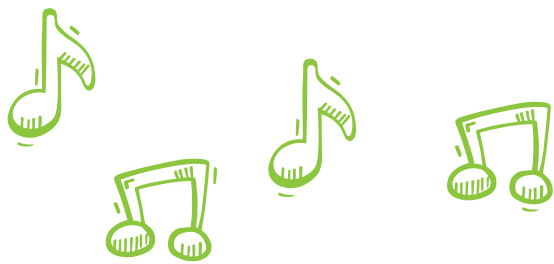
Wonderful Child

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

A wonderful child felt emotions today.
He felt them in his body and gave them a name.
He listened to them and made them his friends.
“Stay by my side you are my friends.”

A wonderful child felt emotions today.
She found them in her body and gave them a name.
She listened to them and made them her friends.
“Stay as long as you want, you are my friends.”



Songs

Lyrics



Yes I Can

LISTEN TO YOUR FEELINGS

Lyrics: By The Feeling Buddies

Feeling disappointed can be hard.

It might happen through the day,

And I can handle it.

“Yes, I can!”

Choose to handle it.

“Yes, I can!”

**Repeat using: Anxious, Sad,
Scared, Angry, Frustrated**

